



ACTION GUIDE

spring 2012

Creekwood Fishing Derby



Easter Bunny



Leprechaun Hunt



Touch-a-Truck





Program registration begins Monday, **December 5, 2011**. Most spring programs begin the week of **January 23, 2012** (*unless stated otherwise*). All programs must meet a minimum number of participants to be held. ***Please register for all programs!*** Drop-ins are only permitted if space allows.

Three Easy Ways to Register:

1. **Online** - www.thewoodlandstownship-tx.gov
2. **Phone** - 281-210-3950
3. **Walk-In** - The Woodlands Township Recreation Center

The Woodlands Township Recreation Center accepts VISA, MASTERCARD, AMERICAN EXPRESS and DISCOVER.

Recreation Center Hours:

Monday-Thursday: 8 a.m. - 9 p.m.

Friday: 8 a.m. - 8 p.m.*

Saturday: 8 a.m. - 6 p.m., Closed **Sundays**

**The Woodlands Township Recreation Center is closed at 6:30 p.m. on the first and third Fridays of the month for Gorilla Hole.*

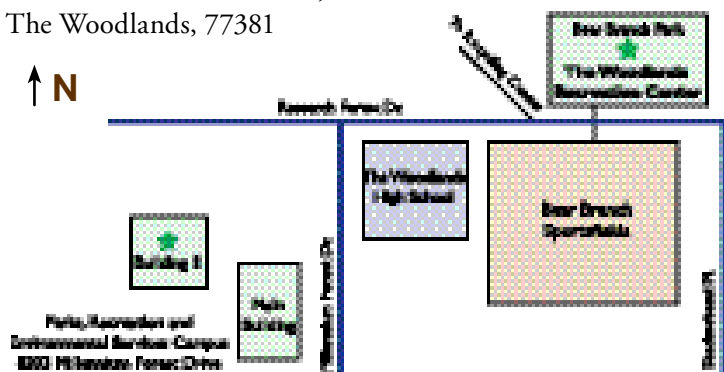
The Woodlands Township Recreation Center will be closed:

Friday, April 6, 2012, for Good Friday

Monday, May 28, 2012, for Memorial Day

Where to Find us:

5310 Research Forest Drive,
The Woodlands, 77381



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WAIVER: By nature, many recreation programs involve body contact, considerable physical exertion, emotional stress and/ or use of equipment that represents a certain risk to participants. It is recommended that you check with your physician prior to participating in any programs. Registrants in any program assume responsibility for all risks, implicit or direct, by participation in said activity or facility.

Participation in any parks and recreation activity constitutes a waiver of certain rights. Please review the waiver by calling 281-210-3950 or visiting www.thewoodlandstownship-tx.gov.

See inside back cover for waiver and release wording, including the photo/media waiver.

If you have questions about parks, pools, pavilions, field rentals or facility reservations, please call 281-210-3900 or visit www.thewoodlandstownship-tx.gov.

SPECIAL EVENTS

Movies at the Lodge

Join us this winter at The Lodge at Rob Fleming Park to cuddle by the fire and enjoy some hot chocolate, all while watching a movie! Ages: All. **FEE:** Free!

Friday, December 2	6:30 p.m.	<i>Polar Express</i>
Friday, January 6	6:30 p.m.	<i>Kung Fu Panda 2</i>
Friday, February 3	6:30 p.m.	<i>March of the Penguins</i>

13th Annual Daddy Daughter Dinner Dance

Don't miss out on a perfect opportunity to share a lifetime of memories with your daughter. This red carpet event includes dinner, dessert, dancing, games, a special craft and giveaways. Let your daughter be the star on this special night! *Reserve a table for 10 for an additional fee while tables last.* Ages: All. **FEE:** \$100/pair, \$40/extra sibling until January 15, 2012; after January 15, 2012, \$110/pair, \$45/extra sibling



Saturday, February 11	5:30 - 9:30 p.m.	The Woodlands Waterway Marriott Town Center North Ballroom
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Touch-a-Truck

Touch-a-Truck is a unique event that allows kids to get up close and personal with all kinds of big trucks and heavy equipment! Check out the Kid Zone for lots of fun crafts while you're there. It's fun for the entire family! Ages: All. **FEE:** Free! **No registration required**



Touch-a-Truck

Saturday, February 18	9 - 11 a.m.	Rob Fleming Aquatic Center Parking Lot
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"In the Spotlight" Teen Talent Show

In the Spotlight Teen Talent Show highlights the talents of teens, ages 13 to 18. The competition will be judged on the abilities of each contestant/group according to their overall appeal, showmanship, interaction with the audience and overall talent. Winners will have the option to perform at the Arts in the Park event on Saturday, May 12, 2012! Sign up to audition today, either online or at The Woodlands Township Recreation Center. Application deadline is Friday, February 10, 2012. Call 281-210-3950 for details. **FEE:** \$10/act to audition

Auditions

Wednesday, February 15 or Thursday, February 16	Individual audition times will be assigned upon sign up	Rec Center
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Talent Show

Saturday, March 3	6:30 - 9 p.m.	The Lodge at Rob Fleming Park
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13th Annual World Tai Chi and Qigong Day

People in more than 70 nations and hundreds of cities worldwide come together for the purpose of advancing personal and global health and healing. Celebrate with activities, free Tai Chi and qigong classes and a chance to socialize with friends. Ages: All. **FEE:** Free!

Saturday, April 28	9 a.m. - noon	Rob Fleming Park
<i>Free class:</i> Saturday, April 21	9 - 10 a.m.	Rec Center

Concert-in-the-Park Spring Series

All concerts held at beautiful Northshore Park, 2505 Lake Woodlands Drive. The Concert-in-the-Park series is presented by Munday Chevrolet. Ages: All. **FEE:** Free!



Sunday, March 11	5:30 - 7:30 p.m.	Texas Renegade (<i>Texas Country</i>)
Sunday, March 18		Nitebeat Band (<i>Variety</i>)
Sunday, March 25		Spellbound (<i>Jazz</i>)
Sunday, April 1		Aimless Gun (<i>Country / Indie</i>)
Sunday, April 15		Emory Quinn (<i>Country / Rock</i>)
Sunday, April 22		Vocal Trash
Sunday, April 29		Cold Shot (<i>Variety</i>)

Sandsations — 3rd Annual Sand Castle Building Contest

We'll provide the sand and you bring the shovels for our third annual sand creations competition. Build as an individual, team or family! Prizes will be awarded for first, second and third place. **Winners will be announced during the Concert in the Park intermission.* Ages: All. **FEE:** Free! **No registration required**

Sunday, March 18	5 - 6:30 p.m.*	Northshore Park
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5th Annual Camp Ter-Ra-Mont

Get away without leaving The Woodlands! Camp out and enjoy crafts, games and outdoor activities. Dinner, breakfast, snack and all activities are included, just bring your tent and sleeping bags! **Registration required.** Ages: All. **FEE:** *Family of four:* \$125 Resident, \$135 Non-resident; \$25/ additional family member. *Need a tent and sleeping bags?* Buy four sleeping bags and a tent for \$100, \$60 tent only, \$25/additional bag

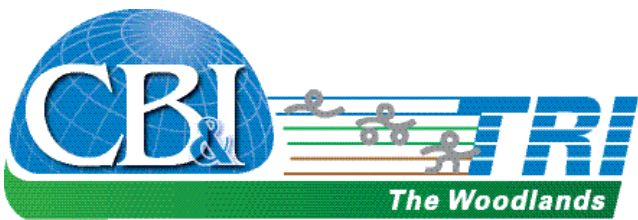
Saturday, March 24 - Sunday, March 25	2 p.m. - 9 a.m.	Terramont Park	#6069.102
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Arts in the Park

Enjoy a full day of performances from vocal to dramatic. Also includes food and craft vendors and a fun kid zone. It's great family entertainment! Ages: All. **FEE:** Free!

Saturday, May 12	4 - 8 p.m.	The Lodge at Rob Fleming Park
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500-meter swim • 15-mile bike • 5K run

The CB&I TRI - The Woodlands triathlon, a USAT sanctioned and certified event, is scheduled for Saturday, May 5, 2012, 7 a.m., at Northshore Park. The triathlon consists of a 500-meter swim, a 15-mile bike and a 5K run. Registration deadline is Sunday, April 22, 2012, at 10 p.m. or until full. Registration will be capped at 1,000 participants. For more information, contact Race Director Angel Nicks at 281-210-3900 or races@thewoodlandstowship-tx.gov. To register, visit www.thewoodlandstowship-tx.gov.

Early Registration

January 1 - February 15	\$85 Individual, \$130 Relay Team
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Registration

February 16 - March 15	\$95 Individual, \$140 Relay Team
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Late Registration *or until full

March 16 - April 22*	\$105 Individual, \$140 Relay Team
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5th Annual Muddy Trails Bash

Runners of all ages can participate in the fifth annual Muddy Trails 5K or Muddy Trails 10K, both USA Track and Field sanctioned. Courses wind through the beautiful George Mitchell Nature Preserve, located on 1,800 wooded acres adjacent to Rob Fleming Park in the Village of Creekside Park. The Little Muddy Kids Race, which is a non-competitive event designed to promote fun and fitness, is for kids ages 5 to 12, and the Muddy 5K9 Fun Run is for runners and their dogs! Ages: 5 and older. **FEE: Early Registration, January 15 - February 29:** 5K - \$25, 10K - \$30, Little Muddy - \$20, 5K9 - \$25; **Registration, March 1 - April 6:** 5K - \$30, 10K - \$35, Little Muddy - \$20, 5K9 - \$30; **Race Day Registration, April 7:** 5K - \$35, 10K - \$40, Little Muddy - \$25, 5K9 - \$35



Saturday, April 7	4 p.m.	The Lodge at Rob Fleming Park
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Muddy Bowl at Muddy Trails Bash

Do you have the best boiled crawfish in town? Join us for the chance to gain bragging rights about your crawfish! Teams (up to eight members) will receive a minimum of two sacks of crawfish, ice, serving containers, a 10' x 10' tent, table and chairs. Each team must supply their own cooking materials, spices and fire extinguisher. The boil is held right before the Muddy Trails race. Teams will compete for Most Unique, People's Choice, Best Decorated Tent and Best Cajun Dish. Ages: All. **FEE:** \$100/team of five, \$5/additional member

Saturday, April 7	3 p.m.	The Lodge at Rob Fleming Park
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COMING SOON... SUMMER DAY CAMPS!

Believe it or not, summer is around the corner and now is the time to start thinking about where your kids will spend their long hot days. Why not have fun at the many camps available through The Woodlands Recreation Center! Registration begins in April 2012!



EASTER FUN FOR THE WHOLE FAMILY!

Brunch with the Bunny

Bring out the family for some Easter fun, including an egg hunt and Easter craft, plus an "egg"cellent brunch! Don't forget to bring your camera! Ages: All. **FEE:** \$30/family of four, \$5/additional family member

Sunday, April 1	1 p.m.	The Lodge at Rob Fleming Park	#6025.112
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Kayak Easter Egg Hunt

Each parent/child kayaking team will take a trip down the Waterway on a search for lots of eggs! *Riva Row Boat House rules apply to this program.* Ages: Any age child, must be accompanied by an adult to ride in the kayak. **FEE:** \$45/pair

Saturday, March 31	3 p.m.	Riva Row Boat House	#6025.132
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The Bunny Bash *Featuring the Glow-in-the-Dark Hunt*

The whole family is sure to have an "egg" citing time at the Bunny Bash with snacks, crafts, music and a glow-in-the-dark egg hunt! Ages: All. **FEE:** \$20/family of four, \$5/additional family member

Friday, April 6	7 p.m.	Terramont Park	#6025.122
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Bunny Stops *No registration required!*

Bring your camera and the kids, even a pet, to snap photos with the Easter Bunny without all the lines and fuss! The event will be canceled in the event of bad weather. Call the Rec Center at 281-210-3950 for verification. Ages: All. **FEE:** \$5/family

Thursday, April 5	6 p.m.	Waterway Square	#6025.142
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5th Annual Creekwood Fishing Derby

Bring your fishing poles and we'll provide the bait! T-shirts given on first-come, first-served basis. Prizes will be awarded for longest, heaviest and smallest fish caught. The 5th Annual Creekwood Fishing Derby is sponsored by The Woodlands Professional Firefighters Association. Ages: All. **FEE:** Free! *No registration required*

Creekwood Fishing Derby



Saturday, April 14	8 - 10 a.m.	Creekwood Park & Pond
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RIVA ROW BOAT HOUSE PROGRAMS

Riva Row Boat House

2101 Riva Row, The Woodlands, Texas 77380

Fees:

Tandem: \$20 for first hour, \$5/add'l hour

Single: \$15 for first hour, \$5/add'l hour

Hours:

January 1 - April 29: 9 a.m. to sunset; closed Tues. & Wed.

April 30 - September 1: 9 a.m. to 7 p.m.; closed Wednesdays

September 2 - December 31: 9 a.m. to sunset; closed Tues. & Wed.

Open every day during the week of Spring Break: March 11 - 17, 2012!

281-210-3965 • www.thewoodlandstownship-tx.gov



Group Outing

Have your next birthday party, family reunion, special interest group or company team building event at the Riva Row Boat House! Scavenger hunts, guided tours, communication drills and much more. Packages start at \$200. Call the Boat House for more details.

Outings can be on any day the Boat House is already open	#9550.102
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Picnic Pack

Grab a friend or a loved one for a picnic lunch and a cruise in a kayak! Must provide at least 24 hours notice. **FEE:** \$60, includes a two-hour tandem rental and lunch from Hubbell and Hudson. #9100.102

Lake Woodlands Sunday Excursion

Let us guide you around Lake Woodlands on a two-hour tour. We will provide a snack, a drink and the kayak. *Must register in advance of the class.* Ages: All. **FEE:** \$40 first person, \$15 second person

Sunday, March 11	10 a.m. - noon	Riva Row Boat House	#9000.112
Sunday, March 25	10 a.m. - noon	Riva Row Boat House	#9000.122
Sunday, April 1	10 a.m. - noon	Riva Row Boat House	#9000.132
Sunday, April 15	10 a.m. - noon	Riva Row Boat House	#9000.142

Little Kayak Adventurer

Mom, dad, grandparents: bring your little adventurer and we will show you both the ins and outs of a kayak; you'll even go for a ride! Snack and drink are provided. Ages: All. **FEE:** \$20/class

Thursday, March 15	4:30 - 5:30 p.m.	Riva Row Boat House	#9010.112
Thursday, March 29	4:30 - 5:30 p.m.	Riva Row Boat House	#9010.122
Thursday, April 12	4:30 - 5:30 p.m.	Riva Row Boat House	#9010.132
Thursday, April 26	4:30 - 5:30 p.m.	Riva Row Boat House	#9010.142
Thursday, May 10	4:30 - 5:30 p.m.	Riva Row Boat House	#9010.152
Thursday, May 24	4:30 - 5:30 p.m.	Riva Row Boat House	#9010.162

Kayaking 101

Spend two hours with us and learn all you need to know to get started with this great sport. You will even get to kayak beautiful Lake Woodlands. Ages: 12 and older. **FEE:** \$40/person

Saturday, March 10	10 a.m. - noon	Riva Row Boat House	#9020.112
Saturday, April 14	10 a.m. - noon	Riva Row Boat House	#9020.122

ACA Level I Flatwater Kayak

Learn the American Canoe Association way of paddling. This course will give you a full day of paddling and class work so that you will know how to kayak in flat water. Ages: 16 and older. **FEE:** \$70/person



Saturday, April 21	8 a.m.	Riva Row Boat House	#9900.101
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Lake Woodlands Clean Up

Join us and help keep Lake Woodlands trash free! Pick a day below, register and kayak. You will receive a trash bag and when you bring it back full of trash, you will get a free one-hour rental the next time you visit. *You must stay in the boat.* Please call Boat House to register.

Saturday, March 3	any time	Riva Row Boat House	#9500.112
Saturday, April 7	any time	Riva Row Boat House	#9500.122
Saturday, May 12	any time	Riva Row Boat House	#9500.132

Private Kayaking Lessons

Not comfortable in a class setting, or just want some one-on-one instruction? Call for a dynamic and in depth one-hour lesson with a certified instructor. You will learn everything you need to know to start paddling. Please call the Riva Row Boat House for an appointment. Ages: All. Ages 10 and younger must be accompanied by an adult. **FEE:** *One lesson:* \$40/person or \$50 for two people; *three lessons:* \$100/person or \$135 for two people; #9001.112

Boot Camp at the Boat House

Whether you are training for Adventure Race, want to lose weight or just tired of the same old routine, Boot Camp at the Boat House is for you! Our boot camp combines kayaking, running and circuit training. Bring running shoes and a towel. Ages: 18 and older. **FEE:** \$75/month, \$20/class drop-in (*must provide notice by 7 p.m. the day before the class*)

Mondays & Thursdays, Jan. 9 - Feb. 2	7 - 8 a.m.	Riva Row Boat House	#9301.112
Mondays & Thursdays, Feb. 6 - Mar. 2	7 - 8 a.m.	Riva Row Boat House	#9301.122
Mondays & Thursdays, March 5 - 29	7 - 8 a.m.	Riva Row Boat House	#9301.132
Mondays & Thursdays, April 2 - 26	7 - 8 a.m.	Riva Row Boat House	#9301.142
Mondays & Thursdays, May 7 - 31	7 - 8 a.m.	Riva Row Boat House	#9301.152



Must register at least one week prior to the start of all Riva Row Boat House programs, unless stated otherwise.

Introduction to Stand Up Paddling (SUP)

Learn the basic skills to stand up paddling! It's great family fun and exercise, too! Ages: 8 and older. **FEE:** \$50/person - 1 hour 15 min.



pangasurf.com

Saturday, March 3	11 a.m. - noon	Riva Row Boat House	#9320.112
Saturday, March 17	11 a.m. - noon	Riva Row Boat House	#9320.122
Saturday, March 24	11 a.m. - noon	Riva Row Boat House	#9320.132
Saturday, March 31	11 a.m. - noon	Riva Row Boat House	#9320.142
Saturday, April 7	11 a.m. - noon	Riva Row Boat House	#9320.152
Saturday, April 14	11 a.m. - noon	Riva Row Boat House	#9320.162
Saturday, April 21	11 a.m. - noon	Riva Row Boat House	#9320.172
Saturday, April 28	11 a.m. - noon	Riva Row Boat House	#9320.182
Saturday, May 12	11 a.m. - noon	Riva Row Boat House	#9320.192
Monday, May 28*	11 a.m. - noon	Riva Row Boat House	#9320.113

*Memorial Day

Private Lessons on Stand Up Paddle Boards

Receive stand up paddle board lessons from a pro instructor. Call the Riva Row Boat House to schedule an appointment today! Ages: 8 and older.

FEE: \$65/hour, \$120/hour for two people, #9370.102



CORE/YOGA Training on Stand Up Paddle Boards

Get fit with fantastic abs by joining the best core/yoga workout in the world! Work out on the serene water keeping all your core muscles in balance, using weights and the best Panga Boards for this class! Ages: 18 and older. **FEE:** *One lesson:* \$60/person, *Five lessons:* \$250/person

Friday, March 2	9 - 10 a.m.	Riva Row Boat House	#9330.102
Friday, March 9	9 - 10 a.m.	Riva Row Boat House	#9330.112
Friday, March 16	9 - 10 a.m.	Riva Row Boat House	#9330.122
Friday, March 23	9 - 10 a.m.	Riva Row Boat House	#9330.132
Friday, March 30	9 - 10 a.m.	Riva Row Boat House	#9330.142
Monday, April 2	9 - 10 a.m.	Riva Row Boat House	#9330.152
Monday, April 9	9 - 10 a.m.	Riva Row Boat House	#9330.162
Monday, April 16	9 - 10 a.m.	Riva Row Boat House	#9330.172
Monday, April 23	9 - 10 a.m.	Riva Row Boat House	#9330.182
Monday, April 30	9 - 10 a.m.	Riva Row Boat House	#9330.192
Tuesday, May 1	9 - 10 a.m.	Riva Row Boat House	#9330.202
Tuesday, May 8	9 - 10 a.m.	Riva Row Boat House	#9330.212
Tuesday, May 15	9 - 10 a.m.	Riva Row Boat House	#9330.222
Tuesday, May 22	9 - 10 a.m.	Riva Row Boat House	#9330.232
Tuesday, May 29	9 - 10 a.m.	Riva Row Boat House	#9330.242

Paddle Fit Outing

Bring a group of five people for an hour of stand up paddling on Lake Woodlands to enjoy the benefits of exercise and nature. Call the Riva Row Boat House to schedule an appointment today! Ages: 8 and older.

FEE: \$150, #9390.102

OUTDOOR EDUCATION PROGRAMS



The Woodlands Trail Collectors

Join the movement and discover The Woodlands Township pathway system! Each week will feature a new "leg," which will be three to four miles long. Route and meeting locations will be communicated on our Web site, www.werunthisplace.com and on Facebook (The Woodlands Trail Collectors). Please register by subscribing on our Web site. You will receive weekly e-mails. See you on the trails! Ages: All. **FEE:** Free!

Orienteering / Adventure Race - NEW!

Learn how to find your way using a map and compass along with other necessary concepts in land navigation. The skills will be applied in fun and practical hands-on activities. The class will end with participants testing their new found skills in a mini adventure race/contest. Wear comfortable seasonable clothing, sunglasses and sunscreen. All equipment will be provided. Ages: 11 and older. **FEE:** \$25/family

Saturday, April 21	9 a.m. - 1 p.m.	Terramont Park	#4575.102
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Fly Casting Clinics

This class will cover basic casting fundamentals and provide a groundwork for understanding fly rods and reels, basic fly types and other components of fly fishing. You will need comfortable clothing, sunglasses and sunscreen. All equipment provided. Ages: *Individuals:* 14 and older. *Families:* 11 and older. **FEE:** *Individuals:* \$50/person Resident, \$55/person Non-resident; *Families:* \$65/parent-child pair Resident, \$75/parent-child pair Non-resident



Individual Clinic

Saturday, March 17	9 a.m. - noon	Alden Bridge Park	#4562.112
Sunday, May 20	9 a.m. - noon	Alden Bridge Park	#4562.122

Family Clinic

Saturday, March 17	1 - 4 p.m.	Alden Bridge Park	#4563.112
Sunday, May 20	1 - 4 p.m.	Alden Bridge Park	#4563.122



Wilderness Survival - NEW!

Participants will learn about the survival mind-set, conventional and alternative fire methods, signaling, water collection, basic snare construction, protection from the elements and more in this hands-on class. Wear comfortable seasonable clothing, sunglasses and sunscreen. All equipment will be provided. Ages: 14 and older; 11 and older if child registers with a parent. **FEE:** \$55/person

Sunday, April 22	1 - 5 p.m.	Jones State Forest off FM 1488	#4577.102
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Wilderness First Aid

This 16-hour course is perfect for those involved in activities that take them beyond the boundaries of traditional urban emergency medical services, such as hikers and backpackers. This course meets the requirements for training in back country emergency response and is approved by the American Camping Association and Boy Scouts and Girl Scouts of America. Three-year certification issued upon successful completion. Ages: 14 and older. **FEE:** \$140/person

Saturday, February 25 and Sunday, February 26	8 a.m. - 5 p.m.	The Lodge at Rob Fleming Park	#4578.112
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WATERWAY SQUARE/TOWN GREEN PARK PROGRAMS



Leprechaun Hunt

Find the Leprechaun and his pot of gold! Leprechaun hunters will receive a prize, make a St. Paddy's day craft and enjoy a "green" treat! Don't forget to wear something green! **Please register in advance!** Ages: 5 - 10. **FEE:** \$15/child, \$7/extra sibling

Saturday, March 17	11 a.m.	Town Green Park	#6065.112
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PROGRAM AND EVENT UPDATES

The Woodlands Township Parks and Recreation staff make every effort to ensure the accuracy of program information. Updates, such as fees and location changes, to programs and events will be posted to www.thewoodlandstownship-tx.gov/programupdates.

WATERWAY WEDNESDAYS!

- Sign up for some fun at Waterway Square! *Please register in advance.*
- Ages: 2 - 4. **FEE:** \$12/child, \$7 each additional child

Penguin Party

- We're having a penguin party, so bundle up your little one and come out for some winter fun!



January 18	10 - 11 a.m.	#6820.112
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Love Bugs

- Bring your child for some Valentine's Day fun! They'll even get to make a "love bug."



February 8	10 - 11 a.m.	#6820.122
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Super Shamrocks

- Come out for some St. Paddy's Day fun, including a little leprechaun hunt!



March 14	10 - 11 a.m.	#6820.132
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Extra Egg

- Don't miss this extra Easter fun time, including dying eggs and making a funny bunny!



April 4	10 - 11 a.m.	#6820.142
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PRESCHOOL PROGRAMS

Preschool Meet, Greet and Play

Are your children tired of playing at home with the same ol' things? Let your kids have fun with our toys and equipment, and get some adult conversation for yourself! **Parent participation required.** Ages: Crawling to Preschool. **FEE:** \$1/child/day

Wednesdays, January 4 - May 30	10 - 11:30 a.m.	Rec Center
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Playgroup Parties

Looking for something for your playgroup to do? The Woodlands Recreation Center program team can help! Activities can include, but are not limited to, birthday parties, arts and crafts, gym games and water activities. Parties can be held Monday through Friday, between 10 a.m. and 3 p.m., at The Woodlands Recreation Center, area parks or pavilions. Location availability may vary. Reservations are required and must be received two weeks in advance. Must have a minimum of eight children, but no more than 25 children. Contact Cara Church at 281-210-3956 or cchurch@thewoodlandstownship-tx.gov for more information. **FEE:** \$10/child in group, \$20 program planning fee

Cool Kids Hip-Hop Dance

Boys and girls can improve their coordination, motor skills, fitness, memorization and, most importantly, build confidence! Dance Instructor Whitney Grunder, in association with WhitneyGZdance, has more than 10 years experience and will provide students with fun, upbeat music and high-energy choreography. Ages: 3 - 5. **FEE:** \$100 Resident, \$110 Non-resident, \$15 drop-in

Tuesdays, Jan. 3 - Feb. 21	3:30 - 4:15 p.m.	Rec Center	#3604.112
Tuesdays, Feb. 28 - Apr. 17	3:30 - 4:15 p.m.	Rec Center	#3604.122

ArtSmart: Classes for Creative Young Children!

In this nine-week class, students will explore color, texture, shapes and different types of art materials. They will learn to freely express their feelings and ideas through art projects. This class is designed to help children develop fine motor skills, perceptual thinking and creative problem solving while building an appreciation of art. Students will work with a range of techniques tailored to their specific developmental level. Ages: 3 - 5. **FEE:** \$125/person

Thursdays, February 9 - April 5	10 - 11 a.m.	Rec Center	#4499.301
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Celebrate your child's next birthday

at The Woodlands Township Recreation Center! We have a prime location with lots of possibilities, such as having access to the multipurpose court, skate park, tennis courts, playground and pool.

There are two great rooms that can be reserved for less than \$100 for two hours. Give us a call at 281-210-3950 and reserve your next birthday party with us.

Book a **LEGO® birthday party** at The Woodlands Township Recreation Center and Building Brains will entertain the kiddos for one hour building levers, pulleys and more! Visit BuildingBrains.biz for more information. The rental includes a room, tables and chairs on a Saturday of your choosing (pending availability) from 2 - 5 p.m. for \$300. Call Shaun Hebert to book your date at 281-210-3950 or shebert@thewoodlandstownship-tx.gov.



Tyke Hike

A hike designed for your little tyke! Special surprises and a scavenger hunt for items to collect along the way will keep your little one interested and ready for more! A snack is provided at the end of the quarter-mile hike. **Parent participation required.** Ages : 3 - 6. **FEE:** \$12/child

Monday, February 6	9:30 - 10:30 a.m.	George Mitchell Trailhead	#5742.112
Wednesday, March 7	9:30 - 10:30 a.m.	George Mitchell Trailhead	#5742.122
Thursday, April 26	9:30 - 10:30 a.m.	George Mitchell Trailhead	#5742.132

Building Brains - LEGO® Class

Use LEGO® Duplo and K'NEX educational kits to build math and science skills. These educational building kits have specially designed gears, levers and pulleys that teach students to build simple machines that really work! Instructor: BuildingBrains.biz. Ages: 3 - 5. **FEE:** \$250/child

Saturdays, January 28 - April 28	9 - 10 a.m.	Rec Center	#2299.112
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Soccer 4 Tots

Your child will get a "kick" out of this program! Participants will learn how to pass, dribble, trap and shoot the ball; short-sided games will be played. Shin guards are mandatory. **Parent participation required.** *No class held March 15 or 17. Ages 2 - 5. **FEE:** \$45 Resident, \$50 Non-resident, \$65 Thursday class

Age 2 - 3 ½

Saturdays, January 7 - 28	9 - 9:40 a.m.	Rec Center	#5602.112
Saturdays, February 4 - 25	9 - 9:40 a.m.	Rec Center	#5602.122
Saturdays, March 3 - 31*	9 - 9:40 a.m.	Rec Center	#5602.132
Saturdays, April 7 - 28	9 - 9:40 a.m.	Rec Center	#5602.142
Saturdays, May 5 - 26	9 - 9:40 a.m.	Rec Center	#5602.152

Ages 3 ½ - 5

Saturdays, January 7 - 28	9:50 - 10:30 a.m.	Rec Center	#5601.112
Saturdays, February 4 - 25	9:50 - 10:30 a.m.	Rec Center	#5601.122
Saturdays, March 3 - 31*	9:50 - 10:30 a.m.	Rec Center	#5601.132
Saturdays, April 7 - 28	9:50 - 10:30 a.m.	Rec Center	#5601.142
Saturdays, May 5 - 26	9:50 - 10:30 a.m.	Rec Center	#5601.152
Thursdays, Jan. 19 - Feb. 23	9:30 - 10:10 a.m.	Rec Center	#5601.162
Thursdays, Mar. 1 - Apr. 12*	9:30 - 10:10 a.m.	Rec Center	#5601.172



Fury Mini-Sluggers

Learn the fundamentals of T-ball including catching, throwing and running the bases. Participants must bring their own mitt. Ages: 4 - 6. **FEE:** \$65 Resident, \$75 Non-resident

Tuesdays, February 14 - March 6	4 - 5 p.m.	Alden Bridge Sportspark	#5737.102
Tuesdays, April 3 - 24	4 - 5 p.m.	Alden Bridge Sportspark	#5737.112

Tiny Tots Golf

Total Golf Adventures will teach golf concepts vital to the swing and making good contact with the ball. Great opportunity to expose your youngster to golf.

All equipment provided. *Parent participation required!*

Ages: 3 - 5. **FEE:** \$80 Resident, \$90 Non-resident, \$15 supply fee



Tuesdays, February 7 - 28	9 - 9:45 a.m.	Rec Center	#5753.112
Tuesdays, April 3 - 24	9 - 9:45 a.m.	Rec Center	#5753.122
Tuesdays, May 8 - 29	9 - 9:45 a.m.	Rec Center	#5753.132

Tiny Tennis

Children will play a variety of games and drills that focus primarily on hand-eye coordination. Skills will be taught with an emphasis on tennis. All participants must bring their own racquet. Ages: 3 - 5. **FEE:** \$45 Resident, \$55 Non-resident

Thursdays, February 2 - 23	11:15 a.m.	Rec Center	#5700.112
Thursdays, March 22 - April 12	11:15 a.m.	Rec Center	#5700.122
Thursdays, April 26 - May 17	11:15 a.m.	Rec Center	#5700.132

Sports of All Sorts *Parent participation may be requested*

What better way to find out what your child wants to play! Your little athlete will love getting a taste of basketball, soccer, playing catch and working as a team. There will be a few surprises in store, too! **No class held March 15 or 17.* Ages: 3 - 5. **FEE:** *Saturday classes:* \$45 Resident, \$50 Non-resident; *Thursday classes:* \$65

Saturdays, January 7 - 28	10:40 - 11:20 a.m.	Rec Center	#5741.112
Saturdays, February 4 - 25	10:40 - 11:20 a.m.	Rec Center	#5741.122
Saturdays, March 3 - 31*	10:40 - 11:20 a.m.	Rec Center	#5741.132
Saturdays, April 7 - 28	10:40 - 11:20 a.m.	Rec Center	#5741.142
Saturdays, May 5 - 26	10:40 - 11:20 a.m.	Rec Center	#5741.152
Thursdays, Jan. 19 - Feb. 23	10:20 - 11 a.m.	Rec Center	#5741.162
Thursdays, Mar. 1 - Apr. 12*	10:20 - 11 a.m.	Rec Center	#5741.172

PARENTS CAN GET FIT, TOO!

Moms and dads, use the fitness room to get your own workout while your kids are in class! Pay a discounted drop-in rate of \$3. You can even get a membership or join a fitness class! See page 19 for information.

PERFORMING ARTS DANCE WITH CAROLINE BATSON

All classes are geared towards the joy of learning dance and performing on stage. Caroline Batson is a 30-year dance professional.

Baby Ballet *Join any time!*

Learn great pre-ballet technique and politeness while enhancing your child's imagination. Pink ballet slippers, pink tights and black or pink leotard required; tutus are okay. Ages: 2 - 3 ½.

FEE: \$55/month

Thursdays, January - May	10 - 10:30 a.m.	Rec Center
	10:30 - 11 a.m.	

Ballet & Tap *Join any time!*

Preschool class designed to introduce your child to dance. Plies, skipping, shuffles and a performance for the whole family to enjoy! Build your child's self confidence and love for the arts.

Black leotard, pink tights, pink ballet slippers and tan tap shoes required.

Can wear any tutu they like!

Ages: 3 ½ - 5.

FEE: *Wednesdays:*

\$70/month,

Thursdays: \$75/month



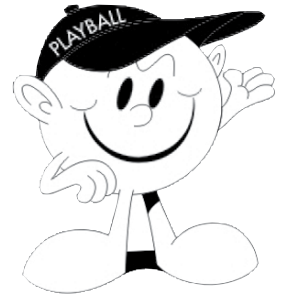
Wednesdays, January - May	3:45 - 4:30 p.m.	Rec Center
Thursdays, January - May	11 a.m. - noon	Rec Center

Play Ball

This is a great way to introduce your child to a variety of sports, including golf, soccer, hockey, tennis, volleyball, basketball and baseball. No class is ever the same!

**No class held March 12.* Ages:

2 - 4. **FEE:** \$55/month, plus \$15 one-time registration fee (includes T-shirt)



Ages 2 - 3

Mondays, February 6 - 27	9:30 - 10 a.m.	Rec Center	#5662.112
Mondays, March 5 - 25*	9:30 - 10 a.m.	Rec Center	#5662.122
Mondays, April 2 - 30	9:30 - 10 a.m.	Rec Center	#5662.132
Mondays, May 7 - 21	9:30 - 10 a.m.	Rec Center	#5662.142

Age 4

Mondays, February 6 - 27	10 - 10:30 a.m.	Rec Center	#5664.112
Mondays, March 5 - 25*	10 - 10:30 a.m.	Rec Center	#5664.122
Mondays, April 2 - 30	10 - 10:30 a.m.	Rec Center	#5664.132
Mondays, May 7 - 21	10 - 10:30 a.m.	Rec Center	#5664.142

YOUTH PROGRAMS

Try-A-TRI Clinic

This clinic will introduce young athletes to the fun and exciting sport of triathlons, which is one of the fastest growing sports in America and is a great way to stay healthy and fit. Athletes will learn through instruction, drills, games and workouts in all three sports (swim, bike and run), including the transition from sport to sport. All athletes need to bring a swimsuit, swim cap, goggles, towel, bike, helmet, running shoes and a water bottle. *All levels are welcome.* Instructors: Coach Mindy Reich of SelecTRI, a USA Triathlon Level I Coach and member of SelecTRI The Woodlands, a youth and junior triathlon team. Ages: 7 - 19. *Participants will be broken up into age appropriate groups.* **FEE:** \$75/person



Saturday, April 21	1 - 4 p.m.	Creekwood Park	#5880.112
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Cool Kids Hip-Hop Dance

Boys and girls can improve their coordination, motor skills, fitness, memorization and, most importantly, build confidence! Dance Instructor Whitney Grunder, in association with WhitneyGZdance, has more than 10 years experience and will provide students with fun, upbeat music and high-energy choreography. Ages: 6 - 10. **FEE:** \$100 Resident, \$110 Non-resident, \$15 drop-in

Tuesdays, Jan. 3 - Feb. 21	4:15 - 5 p.m.	Rec Center	#3605.112
Tuesdays, Feb. 28 - Apr. 17	4:15 - 5 p.m.	Rec Center	#3605.122

Building Brains — Youth LEGO®

Building Brains uses LEGOS® Duplo and K'NEX educational kits to build math and science skills. These educational building kits have specially designed gears, levers and pulleys that teach students to build simple machines that really work. Students will build simple machines while building fine motor skills and confidence. BuildingBrains.biz. Ages: 6 - 10. **FEE:** \$250/child



Saturdays, Jan. 28 - Apr. 28	10:30 a.m. - noon	Rec Center	#2298.132
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Building Brains LEGO® Spring Break Camp

Build simple machines using gears, levers and pulleys then motorize the machines using LEGO® and K'NEX educational kits. Compete to build the best design. Pack a lunch, two snacks, water bottle, tennis shoes and sunscreen. Instructor: BuildingBrains.biz. Ages: 5 - 10. **FEE: Half Day:** \$225 Resident, \$235 Non-resident; **Full Day:** \$365 Resident, \$375 Non-resident

Monday - Friday, March 12 - 16	9 a.m. - noon	Rec Center	#2298.112
Monday - Friday, March 12 - 16	9 a.m. - 4 p.m.	Rec Center	#2298.122

Drawing / Painting 101

Learn to draw by using grids, applying light and shadow, creating correct strokes by shifting weight and angle of drawing tools and using various modifiers. We will blend, brush, blow, drip and drizzle paints! Supply list will be provided upon registration. Ages: 8 - 12. **FEE:** \$120 Resident, \$130 Non-resident

Tuesdays, March 20 - April 24	4:30 - 6 p.m.	Rec Center	#4630.102
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Gorilla Hole

It's a night out for kids...and a break for the parents! Gorilla Hole has been a Woodlands tradition for almost 20 years! It's a fun social program that offers indoor and outdoor games, music, snacks and competitions. Dress code and proper behavior enforced. Ages: Grades 5 and 6. **FEE:** \$7/person



Friday, January 6	7 - 9:45 p.m.	Rec Center
Friday, January 20	7 - 9:45 p.m.	Rec Center
Friday, February 3	7 - 9:45 p.m.	Rec Center
Friday, February 17	7 - 9:45 p.m.	Rec Center
Friday, March 2	7 - 9:45 p.m.	Rec Center
Friday, March 16	7 - 9:45 p.m.	Rec Center
Friday, April 20	7 - 9:45 p.m.	Rec Center
Friday, May 4	7 - 9:45 p.m.	Rec Center
Friday, May 18	7 - 9:45 p.m.	Rec Center

The Model Matzah Bakery

Don't miss out on this exciting educational and fun experience for the entire family where participants are able to experience the story and art of matzah baking. Dressed in baker's hats, participants will receive a hands-on educational experience that has holiday spirit and fun for all! Ages: All. **FEE:** \$15/child

Sunday, March 25	4:45 - 6 p.m.	Rec Center
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Lessons on the Go Music Lessons

Students will learn the fundamentals of music in this 10-week class with one of the following: guitar, piano, drum, bass or vocal. Classes will be held by professional musicians with years of experience in performing as well as teaching. **No class held March 17 or April 7.* For more information, please call the Recreation Center at 281-210-3950. Ages: 6 - 12. **FEE:** \$200/student

Saturdays, February 4 - April 21*	3 - 4 p.m.	Rec Center
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Art Afterschool

City ArtWorks offers fun, engaging, hands-on classes that center on specific artists and art periods each semester. Classes are open to young artists of all skill levels. This semester will incorporate Egyptian art into the curriculum. For more information, visit www.cityartworks.org or call 713-681-1331.

No class held March 12.* Ages: Grades 1 - 5. **FEE: \$150, includes all art supplies, instruction and a student portfolio

Mondays, Feb. 6 - Apr. 9*	4 - 5 p.m.	Rec Center	#4484.102
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Hook, Line, Sinker

In this one-day clinic, Park Rangers will teach children the basics of fishing, including how to tie a line, bait a hook and catch a fish. Parents are welcome to join in the fun. *Register early to secure your spot!* Fishing poles are needed. Ages: 5 - 14. **FEE:** Free!

Saturday, April 7	8 - 10 a.m.	Creekwood Park	#4060.102
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Shred Skateboard Camp

Skateboard series teaching the basic skating skills that lead you to becoming a pro skater. **Helmets and knee pads are mandatory!** Participants must bring their own skateboard. Ages: 7 - 12. **FEF:** \$50 Resident, \$55 Non-resident

Saturdays, March 3 - 24	9 - 10 a.m.	Bear Branch Skate Park	#4589.112
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Fury Baseball Private Instruction

Private baseball instruction with experienced coach, Clint Johnson, specializing in hitting, pitching, catching and fielding. Location and time will be determined by instructor and participant. Contact Shaun Hebert at 281-210-3950 to book your lesson! Ages: 5 and older.

FEF: \$195 for three one-hour sessions, \$75 for a one-hour session



Fury Sluggers

The fundamentals of baseball will be taught by a professional coach with a focus on hitting and pitching. Bring your own mitt and bat. Ages: 7 - 10. **FEF:** \$75 Resident, \$85 Non-resident

Tuesdays, Feb. 14 - Mar. 6	5 - 6 p.m.	Alden Bridge Sportsfields	#5738.112
Tuesdays, April 3 - 24	5 - 6 p.m.	Alden Bridge Sportsfields	#5738.122



i9 Basketball League

Basketball league for beginner and intermediate players. Kids will be taught basic basketball skills and drills, including passing, shooting, dribbling and offensive and defensive sets.

Schedules will be distributed prior to the season with dates and times for practices and games; younger teams play first. For more information, visit www.i9sports.com. Ages: 4 - 12. **FEF:** \$139/person, includes equipment, two medals and end-of-season party

Sundays, January 15 - March 4	Schedule TBD	Rec Center
Sundays, April 15 - June 3	Schedule TBD	Rec Center

i9 Sports After School Instructional Classes

Soccer - fast-paced drills, skill-building exercises, offensive and defensive positioning and scrimmages; **Flag Football** - passing and catching, deflagging, offensive and defensive positioning and scrimmages. Ages: 4 - 14. **FEF:** \$60/month Resident, \$70/month Non-resident

Mondays, January 9 - 30	4:15 - 5:45 p.m.	Creekwood Park
Mondays, February 6 - 27	4:15 - 5:45 p.m.	Creekwood Park
Mondays, March 5 - 26	4:30 - 6 p.m.	Creekwood Park
Mondays, April 2 - 23	4:30 - 6 p.m.	Creekwood Park
Mondays, April 30 - May 21	4:30 - 6 p.m.	Creekwood Park

Basketball - passing, dribbling, shooting and scrimmaging. Ages: 4 - 14. **FEF:** \$60/month Resident, \$70/month Non-resident

Thursdays, January 12 - February 2	4:30 - 6 p.m.	Rec Center
Thursdays, February 9 - March 1	4:30 - 6 p.m.	Rec Center
Thursdays, March 8 - 29	4:30 - 6 p.m.	Rec Center
Thursdays, April 5 - 26	4:30 - 6 p.m.	Rec Center
Thursdays, May 3 - 24	4:30 - 6 p.m.	Rec Center

Swing Into Spring

Two-day golf camp that teaches grip, stance, swing, sportsmanship and golf course knowledge. Kids enjoy learning in a fun social environment. All equipment provided. For more information, please visit www.TGANH.com. Ages: Grades 1 - 5. **FEF:** \$90 Resident, \$100 Non-resident, \$20 supply fee

Monday and Tuesday, March 12 and 13	9:30 a.m. - noon	Buckalew Elementary Gazebo	#5754.102
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Karate/Tae Kwon Do by Travis Karate Institute

Self-defense program includes blocking, kicking and punching techniques along with kicking combinations with form drills; teaches self-defense, self-discipline and self-confidence. Instructor: Travis Lee Everitt, seventh-degree black belt, more than 40 years martial arts experience. Ages: 5 and older. **FEF:** \$69/month Resident, \$79/month Non-resident, \$19 drop-in

Beginner (ages 5 - 12) <i>white belt</i>	Thursdays	4:30 - 5:15 p.m.	Rec Center
Intermediate (any age) <i>yellow/orange belts</i>	Thursdays	5:15 - 6 p.m.	Rec Center
Advanced (any age) <i>green belts+</i>	Thursdays	6 - 6:45 p.m.	Rec Center

Fencing

Raise your fitness, both mentally and physically, while learning this exciting sport. Sessions include footwork, technical instruction and bouting. Instructors are from Bayou City Fencing Academy and include Delfina Perka, a member of the 1984 Polish Olympic Team, and Albert Peters, former head coach of fencing at Cornell University. First month, all equipment provided. Ages: 7 and older. **FEF:** *1x/wk:* \$110/month Resident, *2x/wk:* \$150/month Resident, *3x/wk:* \$165/month Resident; **Non-residents add \$10** to monthly fee

New Musketeers (ages 7 - 11)	Thursdays	4:45 - 5:45 p.m.	Rec Center
	Saturdays	2 - 3 p.m.	Rec Center
Intermediate Musketeers (ages 7 - 11)	Tuesdays	4:45 - 5:45 p.m.	Rec Center
	Saturdays	1 - 2 p.m.	Rec Center
Intermediate / Advanced	Tuesdays	7 - 9 p.m.	Rec Center
	Thursdays	7 - 9 p.m.	Rec Center
	Saturdays	11:45 a.m. - 1 p.m.	Rec Center
Beginners (teens - adults)	Tuesdays	6:30 - 7:30 p.m.	Rec Center
	Thursdays	6:30 - 7:30 p.m.	Rec Center
Private lessons	Tuesdays	5:45 - 6:30 p.m.	Rec Center
	Thursdays	5:45 - 6:30 p.m.	Rec Center

Bollywood Blast for Kids

This fun and easy calorie-burning workout has you dancing to the rhythms of Bollywood tunes. We learn to dance to Bollywood songs that are always changing, challenging and fun. All kids are welcome! ***No class held on April 6.** Ages: 7 and older. **FEF:** \$100/session Resident, \$110/session Non-resident, \$15 daily drop-in

Fridays, January 13 - March 2	5:15 p.m.	Rec Center	#5294.102
Fridays, March 23 - May 18*	5:15 p.m.	Rec Center	#5294.122

Special Needs Kids and Caregivers Class

Mondays & Wednesdays, January 9 - February 29	6 p.m.	Rec Center	#5295.102
Mondays & Wednesdays, March 19 - May 9	6 p.m.	Rec Center	#5295.122



Homeschool Fencing Program - NEW!

Fencing is a great way to stay fit while having fun. It encourages creative thinking and fosters self-reliance in an active environment. Sessions include warm-up, footwork, skill instruction and bouting. Ages: 7 - 18. **FEE:** \$75/month (*introductory price*)

Ages 7 - 11	Tues. and Thurs.	2:45 - 3:45 p.m.	Rec Center
Ages 12 - 18	Tues. and Thurs.	3:45 - 4:45 p.m.	Rec Center

Tamales - Junior High and High School Spanish - NEW!

Students will be speaking Spanish from day one in this class. These classes concentrate on conversational Spanish in an audio visual format. Instructor Margarita Chavez author of *I Say Hola, You Say Hello*. Ages: 12 - 18. **FEE:** \$45/month Residents, \$50/month Non-residents

Mondays and Fridays, beginning January 9	4:30 - 5:30 p.m.	Rec Center	#4479.112
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Healthy Choices for Kids - NEW!

Find out what your body needs to have energy and to look great! Learn about healthy choices to eat at home and out at your favorite restaurant. Create new exciting choices for breakfast, lunch and dinner and learn which snacks are best. Instructor: Sandra Sutherland, fitness consultant. Ages: 12 - 16. **FEE:** \$50 Resident, \$60 Non-resident

Tuesdays and Thursdays, January 17 - February 16	4 - 5 p.m.	Rec Center	#4075.112
Tuesdays and Thursdays, February 28 - April 5	4 - 5 p.m.	Rec Center	#4075.122
Tuesdays and Thursdays, April 17 - May 17	4 - 5 p.m.	Rec Center	#4075.132



AQUATIC PROGRAMS

Learn to Row

Thursday class includes verbal and video instruction. Weekend classes involve rowing on beautiful Lake Woodlands. Be sure to wear socks and snug-fitting shorts to the lake and bring a swim suit to the pool. *Private lessons available for \$250. Call Debbie Arnold at 281-210-3900 for details.* Ages: 13 and older. **FEE:** \$180 Resident, \$190 Non-resident

Thursday, May 10	7 - 9 p.m.	Bear Branch Pool	#1600.112
May 12 & 13 (Sat. & Sun.)	7 - 11 a.m.	Northshore Park	
Thursday, June 7	7 - 9 p.m.	Bear Branch Pool	#1600.122
June 9 & 10 (Sat. & Sun.)	7 - 11 a.m.	Northshore Park	
Thursday, July 12	7 - 9 p.m.	Bear Branch Pool	#1600.132
July 14 & 15 (Sat. & Sun.)	7 - 11 a.m.	Northshore Park	
Thursday, Aug. 9	7 - 9 p.m.	Bear Branch Pool	#1600.142
Aug. 11 & 12 (Sat. & Sun.)	7 - 11 a.m.	Northshore Park	
Thursday, Sept. 6	7 - 9 p.m.	Bear Branch Pool	#1600.152
Sept. 8 & 9 (Sat. & Sun.)	7 - 11 a.m.	Northshore Park	

Scuba Diving

All equipment is provided during class instruction. You will receive all necessary materials and certification cards upon successful completion of course certifying you as an open water diver. Ages: 10 and older. **FEE:** Ages 10 - 11: \$395, Ages 12 and older: \$295 Resident, \$305 Non-resident

May 11- 13, 18 - 20	<i>Friday:</i> 6:30 - 8:30 p.m.	<i>Friday:</i> 8203 Millennium Forest Drive <i>First Weekend:</i> Shadowbend Pool <i>Second Weekend:</i> Blue Lagoon in Huntsville	#1854.112
June 1 - 3, 8 - 10	<i>Saturday:</i> 8 a.m. - 5 p.m.		#1854.122
June 22 - 24, June 29 - July 1	<i>Sunday:</i> 1 - 5 p.m.		#1854.132
July 13 - 15, 20 - 22			#1854.142
August 3 - 5, 10 - 12			#1854.152



Aqua Weight Program

A great way to stay in shape all year round. Low-impact water workout geared for adults of all ages. *Note: the pool is seven feet deep at the shallow end.* Swim belts will be provided. Ages: 18 and older. **FEE:** \$40/session, \$160 for all sessions, \$200 for both Aqua Weight and Aqua Deep Water Aerobic classes

January 4 - 30 (M/W/F)	9 - 10 a.m.	Conroe ISD Natatorium, 19133 David Memorial Drive	#1703.112
February 1 - 29 (M/W/F)			#1703.122
March 2 - 30 (M/W/F)			#1703.132
April 2 - 30 (M/W/F)			#1703.142
May 2 - 25 (M/W/F)			#1703.152
All sessions, Jan. 3 - May 27	9 - 10 a.m.	Creekwood Pool	#1703.102

Aqua Deep Water Aerobic Program

A great way to get your heart rate up and get in shape all year round. You'll keep your arms and legs moving through the water in an upright position making your way from one end to the other. This workout is not for everyone. For more information, please call Debbie Arnold 281-210-3900. Ages: 18 and older. **FEE:** \$40/session, \$160 for all sessions, \$200 for both Aqua Weight and Aqua Deep Water Aerobic classes

January 3 - 31 (T/Th)	8:45 - 10:15 a.m.	Conroe ISD Natatorium, 19133 David Memorial Drive	#1710.112
February 2 - 28 (T/Th)			#1710.122
March 1 - 29 (T/Th)			#1710.132
April 3 - 26 (T/Th)			#1710.142
May 1 - 24 (T/Th)			#1710.152
All sessions, Jan. 3 - May 24			#1710.102

Water Resistance Walking Class

Walk against the current in the lazy river at the Rob Fleming Aquatic Center. Start out slow, but speed up as the class goes on. This class is not for people with knee or lower back problems. Ages: 13 and older.

FEE: \$35/person

Saturdays, May 5 - 26	9 - 10 a.m.	Rob Fleming Aquatic Center	#1771.112
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PROGRAM AND EVENT UPDATES

The Woodlands Township Parks and Recreation staff make every effort to ensure the accuracy of program information. Updates, such as fees and location changes, to programs and events will be posted to www.thewoodlandstownship-tx.gov/programupdates.

The Woodlands Swim Teams

Registration starts Wednesday, February 1. Returning swimmers must register by Wednesday, February 15 to be on the same team. Beginning Wednesday, February 15, registration will be open to everyone.

Prerequisite: Must be able to swim free and back and swim 25 yards in one minute and make practices. Visit www.thewoodlandstownship-tx.gov for more information or call 281-210-3900. Ages: 5 and older. **FEE:** \$190 one swimmer, \$175/person for two swimmers, \$160/person for three or more swimmers. *After April 1, all fees increase \$10/person.*



The Woodlands TAAF Summer Swim Teams

All swimmers **must** be able to swim the length of the pool. Ages: 5 and older. **FEE:** \$90, includes regional meet and TAAF registration

July 9 - 25	7 a.m. - noon (by age group)	Lakeside Pool
Regional Meet: July 14, at the Conroe ISD Natatorium		
State Meet: July 26 - 29, in Corpus Christi, Texas		

Junior Swim Team

Get your child ready to move up to swim team with all the needed skills. *Note: This is not a learn-to-swim program.* All swimmers **must** be able to swim the length of the pool. Ages: 4 and older. **FEE:** \$145 Resident, \$155 Non-resident

June 4 - July 26 (M/W/Th/F)	8:15 - 8:45 a.m.	Ridgewood Pool	#1531.112
June 4 - July 26 (M - F)	6 - 6:30 p.m.	Lakeside Pool	#1531.122

All students who have not participated on a swim team must be evaluated. Call Debbie Arnold at 281-210-3904 to set up an appointment.

Saturdays, February 11, 18; March 3, 24; April 14	11:30 a.m. - 1 p.m.
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TENNIS PROGRAMS

Junior Tennis Programs

Session I: January 23 - March 3 (Make-up week of March 7) • **Session II:** March 19 - April 27 (Make-up week of May 2) • **Session III:** May 7 - 25. (Rain make-ups held on Saturdays) Class descriptions found at www.thewoodlandstowship-tx.gov. *All monthly tennis class payments need to be made by the 15th of each month to ensure participation in class.* Call 281-210-3950 to arrange a placement review if unsure of your child's skill level.

Bear Branch Tennis Courts - 5200 Research Forest Drive, The Woodlands 77381

Program	Ages	Day	Times	Session I	Session II	Session III	Fee/session
Rookies I - Beginner	5 - 8	Mondays	4:30 - 5:30 p.m.	#8300.112	#8300.122	#8300.132	\$65/1x a week, \$130/2x a week
		Mondays	6:30 - 7:30 p.m.	#8301.112	#8301.122	#8301.132	
		Tuesdays	4:30 - 5:30 p.m.	#8303.112	#8303.122	#8303.132	
		Wednesdays	5:30 - 6:30 p.m.	#8312.112	#8312.122	#8312.132	
Rookies I - Beginner	5 - 6	Tuesdays	5:30 - 6:30 p.m.	#8311.112	#8311.122	#8311.132	\$65/1x a week, \$130/2x a week
		Wednesdays	4:30 - 5:30 p.m.	#8302.112	#8302.122	#8302.132	
Rookies I - Beginner	7 - 8	Mondays	5:30 - 6:30 p.m.	#8310.112	#8310.122	#8310.132	\$65/1x a week, \$130/2x a week
		Thursdays	4:30 - 5:30 p.m.	#8313.112	#8313.122	#8313.132	
Rookies II - Intermediate	5 - 8	Tuesdays	4:30 - 5:30 p.m.	#8320.112	#8320.122	#8320.132	\$65/1x a week, \$130/2x a week
		Tuesdays	5:30 - 6:30 p.m.	#8327.112	#8327.122	#8327.132	
		Tuesdays	6:30 - 7:30 p.m.	#8321.112	#8321.122	#8321.132	
		Wednesdays	4:30 - 5:30 p.m.	#8322.112	#8322.122	#8322.132	
		Thursdays	4:30 - 5:30 p.m.	#8324.112	#8324.122	#8324.132	
		Thursdays	5:30 - 6:30 p.m.	#8325.112	#8325.122	#8325.132	
		Thursdays	6:30 - 7:30 p.m.	#8326.112	#8326.122	#8326.132	
Challengers I - Beginner	9 - 10	Mondays	4:30 - 5:30 p.m.	#8340.112	#8340.122	#8340.132	\$65/1x a week, \$130/2x a week
		Wednesdays	4:30 - 5:30 p.m.	#8341.112	#8341.122	#8341.132	
Challengers I - Beginner	11 - 12	Tuesdays	4:30 - 5:30 p.m.	#8342.112	#8342.122	#8342.132	\$65/1x a week, \$130/2x a week
		Thursdays	4:30 - 5:30 p.m.	#8344.112	#8344.122	#8344.132	
Challengers II - Intermediate	9 - 12	Mondays	5:30 - 6:30 p.m.	#8345.112	#8345.122	#8345.132	\$65/1x a week, \$130/2x a week
		Tuesdays	5:30 - 6:30 p.m.	#8346.112	#8346.122	#8346.132	
		Wednesdays	5:30 - 6:30 p.m.	#8347.112	#8347.122	#8347.132	
		Thursdays	5:30 - 6:30 p.m.	#8348.112	#8348.122	#8348.132	
Aces - Beginner	13 - 17	Tuesdays	6:30 - 7:30 p.m.	#8365.112	#8365.122	#8365.132	\$65/1x a week, \$130/2x a week
		Thursdays	6:30 - 7:30 p.m.	#8366.112	#8366.122	#8366.132	
Competitors	7 - 9	Mon. - Thurs.	5:30 - 6:30 p.m.	#8370.112	#8370.122	#8370.132	\$65/1x a week, \$130/2x a week

Lakeside Tennis Courts - 5001 W. Alden Bridge Drive, The Woodlands 77382

Program	Ages	Day	Times	Session I	Session II	Session III	Fee/session
Challengers I - extended	9 - 12	Mondays	4 - 5:30 p.m.	#8355.112	#8355.122	#8355.132	\$95/1x a week, \$190/2x a week
		Wednesdays	4 - 5:30 p.m.	#8356.112	#8356.122	#8356.132	
Challengers II - extended	9 - 12	Mondays	5:30 - 7 p.m.	#8358.112	#8358.122	#8358.132	\$95/1x a week, \$190/2x a week
		Wednesdays	5:30 - 7 p.m.	#8359.112	#8359.122	#8359.132	

Timarron Tennis Courts - 550 N. Green Print Circle, The Woodlands 77389

Program	Ages	Day	Times	Session I	Session II	Session III	Fee/session
Rookies I	5 - 8	Mondays	4:30 - 5:30 p.m.	#8315.112	#8315.122	#8315.132	\$65/1x a week
Rookies II	5 - 8	Mondays	5:30 - 6:30 p.m.	#8330.112	#8330.122	#8330.132	\$65/1x a week
Challengers I	9 - 12	Mondays	6:30 - 7:30 p.m.	#8351.112	#8351.122	#8351.132	\$65/1x a week



Junior Masters Tennis Program *Join any time!*

Contact Lupe Cantu at thewoodlandstennis@gmail.com to get approval for these advanced training courses. New sessions begin each month. Ages: 10 - 18. **FEES:** ZAT 1 & 2: \$162/month **Champs:** \$216/month

ZAT 1	M / W	5 - 6:30 p.m.	Bear Branch Tennis Courts
ZAT 2	T / Th	5 - 6:30 p.m.	
Champs	M / W / Th	6:30 - 8:30 p.m.	
ZAT 1&2 and Champs	Fridays	5 - 7 p.m.	

Private Physical Education (P.E.) – Tennis

This CISD-approved private physical education class for your junior high student provides a superior level of instruction for singles, doubles and mixed doubles. Class meets Monday - Thursday from 3 to 5 p.m. and Friday from 3 to 7 p.m. at The Woodlands Recreation Center and Bear Branch Tennis Courts. For CISD's private P.E. details and requirements, visit <http://ci.conroeisd.net/depts/pe/alt/>.

Youth/Adult Private & Semi-Private Tennis Instruction

Many of our instructors provide private and semi-private instruction. Dates, times and fees are coordinated with the instructor. For a list of approved tennis instructors, visit www.thewoodlandstownship-tx.gov and click **Recreation, Programs and Events** then **Tennis**.

Tennis Tikes

Children will play a variety of games and drills that focus primarily on hand-eye coordination. Skills will be taught with an emphasis on tennis. All participants must bring their own racquet. Ages: 4 - 5. **FEES:** \$45 Resident, \$55 Non-Resident

Thursdays, February 2 - 23	11:15 a.m.	Rec Center	#5700.112
Thursdays, March 22 - April 12	11:15 a.m.	Rec Center	#5700.122
Thursdays, April 26 - May 17	11:15 a.m.	Rec Center	#5700.132

TENNIS WITH JON PARK:

Beginner Ladies Tennis Class

Personal instruction, training, games and drills. Ages: 18 and older. **FEES:** \$99 Resident, \$109 Non-resident

Pepperdale Park

Tuesdays, January 17 - February 14	11 a.m. - 12:15 p.m.	#8234.112
Tuesdays, February 21 - March 27	11 a.m. - 12:15 p.m.	#8234.122

Men's Tennis Play Day

We will provide the balls and match you with another player. Singles format; two out of three sets. Please register by Fridays at 6 p.m. Ages: 18 and older. **FEES:** \$20/month, \$10/drop in

Saturdays	8 - 9:30 a.m.	Bear Branch Tennis Courts
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Men's Doubles Tennis League Play

Join us for an eight-week season that plays all year long. You don't need a partner; match play is three sets. **You must register to play!** Ages: 18 and older. **FEES:** \$25/season Resident, \$30/season Non-resident.

Tuesdays	7:30 p.m.	Shadowbend / Alden Bridge Tennis Courts
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Men's Singles Tennis League Play

Sign up for singles ladder tennis league play! Players will be ranked according to level of play. You will arrange with your opponent for day and time to play. Each match will be played within seven days of assignment. Ages: 18 and older. **FEES:** \$25 Resident, \$30 Non-resident

January 30 - May 30	Area tennis courts
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Women's Doubles Tennis League Play

Join us for an eight-week season that plays all year long. You don't need a partner; match play is three sets. **You must register to play!** Ages: 18 and older. **FEES:** \$25/season Resident, \$30/season Non-resident.

Wednesdays	9 a.m.	Area tennis courts
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Women's Singles Tennis League Play

Sign up for singles ladder tennis league play! Players will be ranked according to level of play. You will arrange with your opponent for day and time to play. Each match will be played within seven days of assignment. Ages: 18 and older. **FEES:** \$25 Resident, \$30 Non-resident

January 30 - May 30	Area tennis courts
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TENNIS WITH KIRSTY BERTHOLOT:

Adult Drills

Personal instruction, training, games and drills. **No class held during Spring Break.* Ages: 18 and older. **FEES:** \$60 Resident, \$70 Non-resident

Mondays, 7:30 - 8:30 p.m., Timmaron Park

Feb. 6 - 27 #8022.112	Mar. 5 - Apr. 2* #8022.122	April 9 - 30 #8022.132	May 7 - 21 #8022.142
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TENNIS WITH PATTIE JENSEN:

Beginner 1 Tennis Lessons

Emphasis on stroke technique and development, rules of the game and etiquette. *All classes held at Bear Branch Tennis Courts.* Ages: 18 and older. **FEE:** \$145 Resident, \$155 Non-resident

Tuesdays, January 10 - March 6	9 - 10 a.m.	#8030.112
	1 - 2 p.m.	#8030.122
Wednesdays, January 11 - March 7	10 - 11 a.m.	#8031.112
Thursdays, January 12 - March 8	11 a.m. - noon	#8032.112
Tuesdays, March 27 - May 22	9 - 10 a.m.	#8030.132
	1 - 2 p.m.	#8030.142
Wednesdays, March 28 - May 23	10 - 11 a.m.	#8031.122
Thursdays, March 29 - May 24	11 a.m. - noon	#8032.122

Beginner 2 Tennis Lessons

Improve your skills, practice shot-making, and improve doubles and singles play. *All classes held at Bear Branch Tennis Courts.* Ages: 18 and older. **FEE:** \$145 Resident, \$155 Non-resident

Tuesdays, January 10 - March 6	11 a.m. - noon	#8033.112
Wednesdays, January 11 - March 7	9 - 10 a.m.	#8034.112
	1 - 2 p.m.	#8034.122
Thursdays, January 12 - March 8	10 - 11 a.m.	#8035.112
Tuesdays, March 27 - May 22	11 a.m. - noon	#8033.122
Wednesdays, March 28 - May 23	9 - 10 a.m.	#8034.132
	1 - 2 p.m.	#8034.142
Thursdays, March 29 - May 24	10 - 11 a.m.	#8035.122

Adult Intermediate Tennis Drills

Learn new skills and strategies through game play and point simulation. *All classes held at Bear Branch Tennis Courts.* Ages: 18 and older. **FEE:** \$145 Resident, \$155 Non-resident

Mondays, January 9 - March 5	8:30 - 9:30 a.m.	#8040.112
Mondays, March 26 - May 21	8:30 - 9:30 a.m.	#8040.122
Tuesdays, January 10 - March 6	10 - 11 a.m.	#8036.112
Tuesdays, March 27 - May 22	10 - 11 a.m.	#8036.122
Wednesdays, January 11 - March 7	11 a.m. - noon	#8037.112
Wednesdays, March 28 - May 23	11 a.m. - noon	#8037.122
Thursdays, January 12 - March 8	9 - 10 a.m.	#8038.112
Thursdays, March 29 - May 24	9 - 10 a.m.	#8038.132
Thursdays, January 12 - March 8	1 - 2 p.m.	#8038.122
Thursdays, March 29 - May 24	1 - 2 p.m.	#8038.142
Fridays, January 13 - March 9	8:30 - 9:30 a.m.	#8041.112
Fridays, March 30 - May 25	8:30 - 9:30 a.m.	#8041.122

TENNIS WITH CONNIE GRZEBIELUCHA:

Adult Beginner / Intermediate Tennis Drills

Designed for the more advanced beginner player. Ages: 18 and older. **FEE:** \$60 Resident, \$70 Non-resident

Tuesdays, 7:30 - 8:30 p.m., Bear Branch Park

Jan. 10 - 31 #8004.112	Feb. 14 - Mar. 6 #8004.122	Mar. 20 - Apr. 10 #8004.132	Apr. 24 - May 15 #8004.142	May 29 - Jun. 19 #8004.152
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Wednesdays, 9:30 - 10:30 a.m., Bear Branch Park

Jan. 11 - Feb. 1 #8005.112	Feb. 15 - Mar. 7 #8005.122	Mar. 21 - Apr. 11 #8005.132	Apr. 25 - May 16 #8005.142	May 30 - Jun. 20 #8005.152
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Thursdays, 6:30 - 7:30 p.m., Bear Branch Park

Jan. 12 - Feb. 2 #8007.112	Feb. 16 - Mar. 8 #8007.122	Mar. 22 - Apr. 12 #8007.132	Apr. 26 - May 17 #8007.142	May 31 - Jun. 21 #8007.152
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Adult Intermediate / Advanced Tennis Drills

Open to intermediate and higher-skilled players only. Ages: 18 and older. **FEE:** \$60 Resident, \$70 Non-resident

Tuesdays, 11:30 a.m. - 12:30 p.m., Bear Branch Park

Jan. 10 - 31 #8006.112	Feb. 14 - Mar. 6 #8006.122	Mar. 20 - Apr. 10 #8006.132	Apr. 24 - May 15 #8006.142	May 29 - Jun. 19 #8006.152
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Wednesdays, 7:30 - 8:30 p.m., Bear Branch Park

Jan. 11 - Feb. 1 #8014.112	Feb. 15 - Mar. 7 #8014.122	Mar. 21 - Apr. 11 #8014.132	Apr. 25 - May 16 #8014.142	May 30 - Jun. 20 #8014.152
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Beginner Tennis Lessons

Learn basic stroke mechanics, scoring, rules and game strategies. Ages: 18 and older. **FEE:** \$60 Resident, \$70 Non-resident

Wednesdays, 8:30 - 9:30 a.m., Bear Branch Park

Jan. 11 - Feb. 1 #8012.112	Feb. 15 - Mar. 7 #8012.122	Mar. 21 - Apr. 11 #8012.132	Apr. 25 - May 16 #8012.142	May 30 - Jun. 20 #8012.152
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Wednesdays, 6:30 - 7:30 p.m., Bear Branch Park

Jan. 11 - Feb. 1 #8211.112	Feb. 15 - Mar. 7 #8211.122	Mar. 21 - Apr. 11 #8211.132	Apr. 25 - May 16 #8211.142	May 30 - Jun. 20 #8211.152
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Intermediate Tennis Lessons

Players must know rules, score-keeping and basic strokes. Ages: 18 and older. **FEE:** \$60 Resident, \$70 Non-resident

Wednesdays, 10:30 - 11:30 a.m., Bear Branch Park

Jan. 11 - Feb. 1 #8213.112	Feb. 15 - Mar. 7 #8213.122	Mar. 21 - Apr. 11 #8213.132	Apr. 25 - May 16 #8213.142	May 30 - Jun. 20 #8213.152
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Thursdays, 7:30 - 8:30 p.m., Bear Branch Park

Jan. 12 - Feb. 2 #8010.112	Feb. 16 - Mar. 8 #8010.122	Mar. 22 - Apr. 12 #8010.132	Apr. 26 - May 17 #8010.142	May 31 - Jun. 21 #8010.152
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ADULT PROGRAMS

CPR, First Aid and AED Training

American Heart Association CPR, First Aid, and AED Training course. Upon completion of this four-hour course, individuals will be certified for two years. Ages: 12 and older. **FEE:** \$65/person



Saturday, January 14	9 a.m. - 1 p.m.	Rec Center	#4053.112
Saturday, February 11	9 a.m. - 1 p.m.	Rec Center	#4053.122
Saturday, March 10	9 a.m. - 1 p.m.	Rec Center	#4053.132
Saturday, April 14	9 a.m. - 1 p.m.	Rec Center	#4053.142
Saturday, May 12	9 a.m. - 1 p.m.	Rec Center	#4053.152

Country Western Dancing

Learn to glide across the floor to the popular Texas two-step! No more sitting through your favorite song. **No class held Feb. 14.* Instructor: Brenda Seneca. Ages: 16 and up. **FEE:** \$45 Resident, \$50 Non-resident

Beginner	Tuesdays, Jan. 24 - Mar. 6*	6:30 - 7:30 p.m.	8203 Millennium Forest Dr., Bldg II	#3002.112
Intermediate	Tuesdays, Mar. 20 - Apr. 24			#3002.122

Ballroom Dancing

Participants are introduced to widely used dances in both smooth and Latin styles, such as the Foxtrot, Waltz and Cha-cha. The class will also teach leading and following. **No class held Feb. 14.* Instructor: Brenda Seneca. Ages: 16 and up. **FEE:** \$45 Resident, \$50 Non-resident

Beginner	Tuesdays, Jan. 24 - Mar. 6*	7:30 - 8:30 p.m.	8203 Millennium Forest Dr., Bldg II	#3009.112
Intermediate	Tuesdays, Mar. 20 - Apr. 24			#3009.122

Swing/Jitterbug

Join in the fun as you are introduced to the basic step and patterns of East Coast Swing; learn leading and following skills as well. **No class held Feb. 14.* Instructor: Brenda Seneca. Ages: 16 and up. **FEE:** \$45 Resident, \$50 Non-resident

Beginner	Tuesdays, Jan. 24 - Mar. 6*	8:30 - 9:30 p.m.	8203 Millennium Forest Dr., Bldg II	#3005.112
Intermediate	Tuesdays, Mar. 20 - Apr. 24			#3005.122

RAD — Rape Aggression Defense

This program teaches how to be safe, stay safe and to protect yourself. This is a free class, but you must register. Taught by the Montgomery County Sheriff's Office. Ages: 16 and older. **FEE:** Free!

January 16, 17, 23, 24	7 - 10 p.m.	Rec Center	#4301.102
February 8, 9, 15, 16	6 - 9 p.m.	Rec Center	#4301.112
March 7, 8, 14, 15	6 - 9 p.m.	Rec Center	#4301.122
April 14, 21	10 a.m. - 4 p.m.	Rec Center	#4301.132
May 7, 8, 14, 15	7 - 10 p.m.	Rec Center	#4301.142

Batik Painting is painting on silk or other fabric using hot wax to separate the colors.

Want to know more? Visit www.addabatik.com or e-mail addabatik@yahoo.com.



"Vamos a Hablar" - Let's Talk

These classes concentrate on conversational Spanish in an audio visual format. Have you studied Spanish but can't speak it well? Have you never studied Spanish but want to learn? Or maybe you speak Spanish but are confused with verb forms. There is a level for everyone, even those who just want to practice their Spanish. Instructor: Margarita Chavez, author of *I Say Hola, You Say Hello*. Ages: 18 and older. **FEE:** \$45 Resident, \$50 Non-resident

Sombreros Beginners II	Monday	5:30 - 6:30 p.m.	Rec Center
	Tuesdays	6 - 7:30 p.m.	
Chile Intermediate	Monday	6:30 - 7:30 p.m.	Rec Center
	Wednesdays	6 - 7:30 p.m.	
Cactus Subjunctive Workshop	Tuesdays and Thursdays	7:30 - 9 p.m.	Rec Center

Spanish Club

This club is for those who are fluent in the Spanish language. Current events will be discussed, Spanish soap operas critiqued and more. Instructor: Margarita Chavez. Ages: 18 and up. **FEE:** \$25/month Resident, \$30/month Non-resident

Mondays and Wednesdays	7:30 - 9 p.m.	Rec Center
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Writing Your Novel: From Idea to Marketplace

This course will cover choosing format, voice and tense; character development; story development; theme; and getting published. Ongoing online editing and critiquing available. Class taught by published author Curt Batson. Ages: 18 and older. **FEE:** \$150

Tuesdays, Jan. 31 - Mar. 6	6 - 7 p.m.	Rec Center	#4051.102
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Writing Your Screenplay: From Start to Finish

Learn about format, character and story development and marketing to agents and producers. Learn to write concisely, including what to keep and what to cut. Class taught by published author Curt Batson. Ages: 18 and older. **FEE:** \$150

Tuesdays, Jan. 31 - Mar. 6	7 - 8 p.m.	Rec Center	#4051.112
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Bollywood Blast Adults

Bollywood workout is a fun and easy calorie-burning workout dancing to the rhythms of Bollywood tunes. The songs are always changing, challenging, and fun. Soak in the fun with swaying hips to Bollywood Beats! **No class held on April 6.* Ages: 18 and older. **FEE:** \$100/session Resident, \$110/session Non-resident, \$15 daily drop-in

Mondays, Jan. 9 - Feb. 27	9 a.m.	Rec Center	#5291.112
Thursdays, Jan. 12 - Mar. 1	8:30 a.m.	Rec Center	#5290.112
Fridays, Jan. 13 - Mar. 2	6 p.m.	Rec Center	#5293.112
Mondays, Mar. 19 - May 7	9 a.m.	Rec Center	#5291.122
Thursdays, Mar. 22 - May 10	8:30 a.m.	Rec Center	#5290.122
Fridays, Mar. 23 - May 18*	6 p.m.	Rec Center	#5293.122

ADULT FITNESS PROGRAMS

Tough-n-Tone Fitness Boot Camp for Women

Have fun burning calories with fat-blasting, interval circuit training that will provide a great cardio workout while sculpting and toning your muscles. Your workout will be led by two certified personal trainers. Visit toughntonefitness.com for more information or register via e-mail at Tough-n-Tone@gmail.com. Ages: 18 and older. **FEE:** \$120/12-day pass, additional packages and pricing available at www.toughntonefitness.com

M/W/F, January - May

8:30 - 9:30 a.m.

Cranebrook Park

Before Work Fitness

Increase your health and fitness through functional and effective workouts led by a certified personal trainer. Group or one-on-one sessions with flexible scheduling available. Ages: 18 and older. For more information, including fees, e-mail Jesse at jkraabe@gmail.com.

M/W/F

6 - 9 a.m.

The Woodlands park of your choice

Healthy Lifestyles - NEW!

Make good choices for your family while shopping and stocking the fridge and pantry. Evaluate what to send to school for your children and athletes. Learn about healthy carbs, protein, vitamins and minerals. Discuss food allergies, trends, shop the market and eat out for your final exam! Classes led by Sandra Sutherland, fitness consultant. Ages: 18 and older. **FEE:** \$50 Resident, \$60 Non-resident

Wednesdays, Jan. 18 - Feb. 15

11 a.m. - noon

Rec Center

#4076.112

Wednesdays, April 11 - May 9

11 a.m. - noon

Rec Center

#4076.122



Zumba

Zumba is a calorie-burning blast, full of fun and energy! ***No class held Feb. 20.** Ages: 18 and older. **FEE:** 1x/wk: \$35/session, 2x/wk: \$55/session

Mondays, Jan. 23 - Feb. 27*

10:30 - 11:15 a.m.

Rec Center

#3003.102

Wednesdays, Jan. 25 - Feb. 22

9:30 - 10:15 a.m.

Rec Center

#3003.112

Mondays, Mar. 19 - Apr. 16

10:30 - 11:15 a.m.

Rec Center

#3003.122

Wednesdays, Mar. 21 - Apr. 18

9:30 - 10:15 a.m.

Rec Center

#3003.132

Hoop Dance

Exercise that's more like child's play! Hoop Dance will tone your body and build core muscle by involving multiple muscle groups. Ages: 16 and older. **FEE:** \$48/four series, \$15 drop-in (as space allows)

Wednesdays,
January 25 - February 15

8 - 8:45 p.m.

Rec Center

#5212.112

Wednesdays,
April 11 - May 2

8 - 8:45 p.m.

Rec Center

#5212.122

USAT COACH SANDRA SUTHERLAND TRIATHLON CLASSES



Tri Training on the Go

Too busy to attend a class each week? Have your basic workout plans e-mailed to you. Meet one time at The Woodlands Recreation Center for personal instruction and assessment and train wherever you are. Ages: 14 and older. **FEE:** \$150/person

Saturday, February 18

2 - 3 p.m.

Rec Center

#5190.102

Triathlon Training Program- Beginner

Class covers swimming, running, cycling, nutrition, endurance and strength, safety issues and mental preparation. **Must register in advance.** USAT Coach: Sandra Sutherland. Ages: 18 and older. **FEE:** \$300 Resident, \$310 Non-resident

Mondays and Wednesdays,
February 27 - May 2

8 a.m. (M),
6 p.m. (W)

First class at
CISD Natatorium

#5186.102

Tri Swimming

A 10-week training program that focuses on building swimming strength with training and lectures. Class includes weekly training schedule and lectures specific to open water triathlons. Also includes specific drills and techniques to improve open water swimming. All levels welcome! Ages: 14 and older. **FEE:** \$125 Resident, \$135 Non-resident

Mondays, starting
February 27

8:30 - 9:30 a.m.

CISD
Natatorium

#5189.102

Marathon Training TO GO!

This 20-week class provides internet training for a first-time marathoner or a seasoned athlete who is ready to avoid injury by training safely. Receive the best information, support and details for staying strong. Take the schedule and workouts anywhere you go! Only three runs and two days of cross training! Instructor: Sandra Sutherland, RCCA Marathon Coach and New York, Chicago, Boston marathons finisher. Ages: 18 and older. **FEE:** \$100/person, #5279.102

Triathlon First-Timer's Review & Swim

Designed to review first-time triathletes on basic fundamentals involved with a sprint-distance triathlon. Will include a checklist for the CB&I TRI - The Woodlands triathlon. **Must register in advance!** Ages: 14 and older. **FEE:** \$45 Resident, \$50 Non-resident

Saturday, April 28

9 a.m. - 12:30 p.m.

Northshore Park

#5183.112

MS-150 Training for Endurance

Planning to ride in the MS 150? Get the proper training to feel great at the finish. Learn about building strength, fueling for the ride, caring for your bike, stretching and proper equipment to utilize for the two-day ride. Class includes 45-mile practice ride on Saturday, March 3. Instructor Sandra Sutherland will meet with all participants before the ride. Ages: 18 and older. **FEE:** \$200 Resident, \$210 Non-resident

Kick-off meeting: Monday, Jan. 23; *MS-150:* Saturday, April 17

#5264.102

GET FIT WITH ERICA • GET FIT WITH ERICA • GET FIT WITH ERICA

Visit www.trainwithfalconfitclubs.com to register for any Get Fit with Erica class or to get detailed course descriptions.

EZ8 Running

Let RRCA and EZ8 Certified Coach and competitive road racer Erica Falcon create a running program to meet your goals, whether you want to enhance your fitness, speed or both! **Free childcare included.** Ages: 16 and older. **FEE:** \$299/person; *join with a friend and receive a \$25 discount*

All levels held January 9 - March 16

Level 1	M/W/F	9 - 10:30 a.m.	Rec Center
Level 2	M/W/F	9 - 10:30 a.m.	Rec Center
Level 3	M/W/F	9 - 10:30 a.m.	Rec Center

Wednesday Night Track

Get the most out of your limited speed work hours and become a faster runner whether you're a 5K runner, a marathoner or a triathlete! Class includes T-shirt, water bottle, class blog and individualized stats. Ages: 15 and older. **FEE:** \$59 first month, \$45/month for returning runners

First meeting: Wednesday, January 11	7 - 8 p.m.	First mtg: Rec Center Reg. mtgs: Knox JH track
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Hill and Strength Training Boot Camp for Runners

Designed with the distance runner in mind to increase core strength, endurance, muscular definition and strength of stabilizing muscles. **Free childcare included.** Ages 16 and older. **FEE:** \$59/first month, \$45/month for returning runners

Thursdays, beginning January 12

9 - 10 a.m.

Terramont Park

Woodlands Youth Running Club

Share your love of running with your child, and help develop a healthy habit that will last for life! This program is designed for boys and girls of all fitness and experience levels. Kids will learn about the benefits of running and proper form, have fun, win cool prizes, take part in fitness challenges and train to complete a season-closing 1-mile, 5K, 10K or 10-mile race (dependent on age and fitness level), complete with finishing medal, team shirt and awards party! Ages 5 - 13. **FEE:** \$129, \$10 discount for siblings



First meeting:
Tuesday, January 10

4:30 - 6 p.m.

First mtg: Rec Center
Reg. mtgs: varied

1,2,3, GO...Train to Run

If you have always wanted to run, but never felt you could keep up or fit in, this is the program for you! 1,2,3, GO...is a supportive, multi-phase training program for new runners or those coming off of an injury. All participants will train together following the program that was developed by RRCA certified running coaches, Jill Mitchell and Vicky Gillmor.

Phase I: Build a running base to increase strength and endurance in group runs that slowly and safely increase in intensity and distance. Questions are welcome and weekly group runs are an opportunity to network, stay motivated and learn about yourself and the sport. This phase culminates with a five-mile run on Saturday, March 31.

Orientation: Saturday, January 7, 9 a.m. at the Rec Center. Ages: 18 and older. **FEE:** \$110 Resident, \$120 Non-resident; includes running schedules, handouts, a stretching workshop, participation in a local 5K race, technical running shirt and a discount at a local running store

Tuesdays, January 10 - March 27	9:30 a.m.	#5271.112
Thursdays, January 12 - March 29	7 p.m.	#5271.122

Phase II: Runners will increase from five to 10 miles. If you did not participate in Phase I, you must be able to run five miles. Workouts will increase to include track and hill workouts and a long run on the weekends. This phase will culminate with a 10-mile run on Saturday, March 31. **Orientation:** Saturday, January 7, 10 a.m., at the Rec Center. Ages: 16 and older. **FEE:** \$125 Resident, \$135 Non-resident

Saturdays, January 14 - March 31	6:30 a.m.	#5271.132
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Phase III: Following Phase II, must be able to run a minimum of 10 miles. Runners will build upon training by adding speed workouts to increase distance and ability to allow the successful completion of a half marathon. Once selecting and registering for the half marathon of choice, runners will be provided a 12-week training schedule that will help prepare them to successfully cross the finish line. Ages: 18 and older. **FEE:** \$125 Resident, \$135 Non-resident

Dates depend on the race selected by the participant	#5271.142
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Tai Chi For Seniors

Students are introduced to tai chi in a relaxed yet structured program. Training offered in the Eight Step Form, designed for people with limited mobility or space. This form does not contain the low stances or complex foot work. Returning students also learn the Beijing Short Form. Ages: 55 and older. **FEE:** \$40/month Resident, \$50/month Non-resident

Saturdays, January - May

10:15 - 11:15 a.m.

Rec Center

Tai Chi Martial Arts (TCMA)

Anyone can do tai chi regardless of age or physical condition and no special equipment is needed. Students are introduced to all aspects of tai chi: forms, philosophy and self-defense. Instructor: Sifu David Neighbors has 20 years experience in tai chi and 30 years in martial arts. Ages: 16 and older. **FEE:** **1x/wk:** \$60/month Resident, \$70/month Non-resident; **2x/wk:** \$100/month Resident, \$110/month Non-resident

Mondays, January - May

7:15 - 8:15 p.m.

Rec Center

Saturdays, January - May

9 - 10 a.m.

Rec Center

Chinese Martial Arts

Practical self-defense taught in a semi-private class using a rotating curriculum. Topics include blocks, strikes, kicks and joint locks. Instructor: Sifu David Neighbors has 30 years experience in martial arts. Ages: 13 and older. **FEE:** \$60/month Resident, \$70/month Non-resident

Saturdays, January - May

11:20 a.m.- 12:20 p.m.

Rec Center

Join our **FITNESS ROOM** complete with cardiovascular machines, free weights and resistance machines! **FEE:** Daily: \$6, Six-month membership: \$60, Annual membership: \$120, Senior adult membership: (55 and older) \$80



Open Water Swim Day

Practice open water swimming in preparation for your next triathlon. No instruction, just swimming. Long course (1.2 miles) and short course (500 meters) available. ***For long course:** last swimmer must enter water by 8:30 a.m. and exit water by 9:30 a.m. **For short course:** last swimmer must enter water by noon and exit water by 12:30 p.m. **For both courses:** last swimmer must start long course before 8:30 a.m. and exit water until the start of the short course. Ages: 14 and older. **FEE: Long course:** \$40/person, **short course:** \$20/person, **both courses:** \$50/person

Long Course: Saturday, April 28	7:30 - 9:30 a.m.*	Northshore Park	#5181.112
Short Course: Saturday, April 28	10:30 a.m. - 12:30 p.m.*	Northshore Park	#5181.122
Both Courses	7:30 a.m. - 12:30 p.m.*	Northshore Park	#5181.132

Triathlon Open Water Swim Clinic with TJ

Designed for athletes new to open water swimming to learn the challenges they will face in the CB&I TRI - The Woodlands. Training materials and tips also included. Great for first time triathletes! **Must register in advance!** Instructor: TJ Fry. Ages: 14 and older. **FEE:** \$25 Resident, \$30 Non-resident

Saturday, April 28	10 - 11 a.m.	Northshore Park	#5184.112
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Ashtanga Yoga — NEW!

Ashtanga yoga energizes the body, increases strength and flexibility, while calming the mind, releasing tension and anxiety. The result is a light and strong body, a calm mind and higher energy levels. **All participants are responsible for providing their own yoga mat.** Instructor: Claire Wilson. ***No class held the week of Spring Break.** Ages: 18 and older. **FEE:** \$60 Resident, \$70 Non-resident, \$15 drop-in

January 3 - February 7 (T)	7 - 8:15 p.m.	Rec Center	#5253.112
February 21 - April 3* (T)	7 - 8:15 p.m.	Rec Center	#5253.122
April 10 - May 15 (T)	7 - 8:15 p.m.	Rec Center	#5253.132

Prenatal YOGA — NEW!

Strengthen the muscles, relax the mind, release tension, bond with the baby and prepare for the child's birth. Instructor: Thais Erthal. **All participants are responsible for providing their own yoga mat.** Ages: 18 and older. **FEE:** \$120 Resident, \$130 Non-resident, \$15 drop-in

Jan. 24 - Mar. 2 (T/F)	10 - 11:10 a.m.	Rec Center	#5251.112
Mar. 6 - Apr. 13 (T/F)	10 - 11:10 a.m.	Rec Center	#5251.122

TRX Suspension Training®

Born in the U.S. Navy SEALs, Suspension Training® is a revolutionary method of leveraged body weight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Ages: 18 and older. **FEE:** \$225/person 12 classes, \$125/person six classes, \$149/person if you own TRX® suspension straps, \$339/person if you would like to keep the TRX® straps used in the class

January 3 - February 9 (T/Th)	5:30 a.m.	Terramont Park
February 14 - March 22 (T/Th)	5:30 a.m.	Terramont Park
March 27 - May 3 (T/Th)	5:30 a.m.	Terramont Park

MAC Camps

Each boot camp session is an action-packed workout designed to challenge your fitness limits, energize your spirit and reinvigorate your routine. The camps include a strength and cardio routine, a challenging hill workout and a (hard) core balance and flexibility workout. For more information or to register for classes, visit www.mavathletics.com. Ages: 18 and older.



www.mavathletics.com

Wake Up Shake Up

FEE: 3x/week: \$135/person (includes a T-shirt with registration), 2x/week: \$105, six class pass: \$60/person

January 2 - February 10 (M/W/F)	5:30 - 6:30 a.m.	Terramont Park
February 13 - March 23 (M/W/F)	5:30 - 6:30 a.m.	Terramont Park
March 26 - May 3 (M/W/F)	5:30 - 6:30 a.m.	Terramont Park

Smack Down

FEE: \$105/person

January 3 - February 9 (T/Th)	8:15 - 9:15 a.m.	Town Green Park
February 14 - March 22 (T/Th)	8:15 - 9:15 a.m.	Town Green Park
March 27 - May 3 (T/Th)	8:15 - 9:15 a.m.	Town Green Park

RxT — Runner's Cross Training

Incorporating strength and flexibility drills designed to maximize athletic performance. A focus on speed and agility drills including a complete flexibility program that introduces PiYo®, a fusion of Yoga and Pilates, and foam rolling techniques. **FEE:** \$89/person

January 3 - February 9 (T/Th)	9:30 - 10:15 a.m.	Cattail Park
February 14 - March 22 (T/Th)	9:30 - 10:15 a.m.	Cattail Park
March 27 - May 3 (T/Th)	9:30 - 10:15 a.m.	Cattail Park

YOGA I & II — NEW!

Promote and improve overall well being with postures and exercises that stretch and strengthen the muscles while quieting and calming the mind. Great for beginners and intermediate practitioners. Instructor: Thais Erthal. **All participants are responsible for providing their own yoga mat.** Ages: 18 and older. **FEE:** \$120 Resident, \$130 Non-resident, \$15 drop-in

Jan. 24 - Mar. 2 (T/F)	8:45 - 9:55 a.m.	Rec Center	#5250.112
Mar. 6 - Apr. 13 (T/F)	8:45 - 9:55 a.m.	Rec Center	#5250.122

LEAGUES

League	Location	Dates	Times	Fee
Adult Drop-In Soccer <i>ages 18 and older</i>	Bear Branch Sportsfields	Wednesdays	8 - 10 p.m.	\$20 Resident, \$25 Non-resident
Men's Seven-a-Side Soccer	Alden Bridge Sportsfields	Sundays	Evenings	\$500/Team
Softball (Coed, Men)	Alden Bridge Sportsfields	Mondays - Thursdays	Evenings	\$450/Team
Flag Football	Alden Bridge Sportsfields	Sundays	Evenings	\$450/Team
Flag Football	Lakeside Park	Wednesdays	6 - 10 p.m.	\$450/Team
Men's Basketball	Recreation Center	Mondays	6 - 10 p.m.	\$450/Team

Visit www.teamsideline.com/thewoodlandstowship for more information about leagues.

NEED A PLACE TO PRACTICE? We have gym space available for team practices! Call 281-210-3950 to reserve a spot.

ENVIRONMENTAL SERVICES PROGRAMS

Walk in the Woods Nature Lecture Series

Captivating speakers reveal nature in our own backyard. Discover fascinating plants and wildlife—birds, pollinators, mammals, reptiles—that make our community unique. All classes are held in the LGI lecture hall at McCullough Junior High School. For a schedule of topics and speakers, visit www.thewoodlandstowship-tx.gov. **FEES:** Free!

Thursday, February 9	7:30 p.m.	3800 S. Panther Creek Dr.
Thursday, March 8	7:30 p.m.	3800 S. Panther Creek Dr.
Thursday, April 12	7:30 p.m.	3800 S. Panther Creek Dr.

Learn to Grow Your Own Vegetables

Learn vegetable gardening from the ground up with Tom LeRoy, Agrilife Horticulture Extension Agent. Discover the best vegetables and varieties for spring and summer gardens in our region. **Registration is required.** To register, call 281-210-3900. **FEES:** Free!

Saturday, February 11	9 a.m. to noon	8203 Millennium Forest Dr.
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Free Compost Classes

Learn the easy method for obtaining fertile compost to enrich your yard and garden. Classes are taught by Montgomery County Master Gardeners. Outdoor classroom at The Woodlands Township Parks, Recreation and Environmental Services facility that is adjacent to The Woodlands High School. Drawing for a free bin at every class! For information, call 281-210-3900. Ages: All. **FEES:** Free!



Saturdays, Jan. 7, Feb. 4, Mar. 3	11 a.m. to noon	8203 Millennium Forest Drive
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PROGRAM AND EVENT UPDATES

The Woodlands Township Parks and Recreation staff make every effort to ensure the accuracy of program information. Updates, such as fees and location changes, to programs and events will be posted to www.thewoodlandstowship-tx.gov/programupdates.



Gardening 101

Going beyond the basics, three speakers reveal water-wise methods for woodland landscapes. Experts share their wit and wisdom in a three-hour program, providing a guide to create a more sustainable landscape. Earth Day Every Day! **Registration is required.** To register, call 281-210-3900. **FEES:** Free!

Date TBD	9 a.m. to noon	8203 Millennium Forest Drive
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2nd Annual GreenUp CleanUp

On Saturday, March 31, connect with neighbors and the outdoors by leading or joining a cleanup crew, bagging trash from streets, pathways and streams. You gather your friends, and we provide the bags! For more details and registration, please visit www.thewoodlandstowship-tx.gov or call The Woodlands Township at 281-210-3900.

Earth Day Concert in the Park featuring Vocal Trash

Delivering a unique mix of oldies, rock and contemporary beats, Vocal Trash combines rich harmonies with the grit of "street instruments." The driving beat comes with an earth-friendly message to celebrate Earth Day! Ages: All. **FEES:** Free!

Sunday, April 22	5:30 p.m.	Northshore Park
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Sponsor Highlight: Swim Shops of the Southwest

Since 1979, Swim Shops of the Southwest has prepared athletes for competition. Now with four locations, the newest is in The Woodlands at 9955 Woodlands Parkway Suite F, Swim Shops supplies both swimmers and triathletes with the equipment and advice they need to make race day a success. Swim Shops has been a long time partner with The Woodlands and looks forward to continuing their support for all the great events in The Woodlands. They are more than just suppliers. They are active and knowledgeable in the sports they support. Swim Shops of the Southwest's goal is to see everyone have a positive race experience. They help by hosting educational clinics, speaking at events, or just answering questions for customers. Whether it's your first swim meet or Olympic Trials, your first CB&I TRI - The Woodlands triathlon or the Ironman, we are here to help make your day a success! Contact Swim Shops of the Southwest at 281-298-3255.



Park Highlight - Forestgate Park

Forestgate Park, located at 7505 Forestgate Drive in the Village of Indian Springs, was conveyed in 2002. Within the 11.5 forested acres of this village park, which are accessible by pathways from Flintridge and Forestgate Drives, there is a playground with equipment for all ages, a multi-purpose field, a lighted basketball court, two lighted tennis courts and a wheel-friendly area.

An exceptional part of Forestgate Park is the swimming pool, which includes one pool with six lanes for lap swimming and a mini water park (splash pad) that includes a 90-foot slide that twists and turns before depositing the delighted kids into the water. The baby pool has a theme octopus slide that has always been a favorite.

The large pine and battered stone pavilion is a popular place for picnics, birthday parties and meetings for friends and families. The pavilion is near three picnic areas and all other amenities including a drinking fountain, bicycle rack and meandering pathways throughout the park.

A recent addition to the park is a newly renovated wheel-friendly area. The old steel structures have been removed and Misiano Skateparks of New Smyrna Beach, Florida has created an entirely new look using poured-in-place concrete to make a sweeping lime wedge bank, a pump bump to gain speed, a quarter pipe, stairs, rails, elevated platforms and other challenging features that have been highly praised by the local skate park community. In the center of the skate park is a single tree that has to be seen to be believed. It shades half of the park and has a cutting edge character to match those of the users.





Hot Jobs, Cool Benefits!

Applications are being accepted for:



**Pool Pass
Recreation Aide**

Lifeguard

Swim Coach

**Head Camp
Counselor**

**Camp
Counselor**

**Water Safety
Instructor**

**Aquatic Recreation
Specialist**

All team members must be at least 16 years of age, unless otherwise stated, and successfully pass a pre-employment drug screen. Leadership team members must also successfully complete an extensive background check. Applications may be obtained from The Woodlands Township Parks, Recreation and Environmental Services Building, 8203 Millennium Forest Drive or Recreation Center, 5310 Research Forest Drive. For additional information or to apply online, please call or visit our Web site at www.thewoodlandstownship-tx.gov.

Work for Parks and Recreation this summer!



NOTE: Below is the wording for the waiver that all participants sign when enrolling for programs at The Woodlands Township Recreation Center.

TOWNSHIP PROGRAM / EVENT WAIVER AND RELEASE

In consideration of being allowed to participate in any way in any program, activity or event, (referred to herein as the "Program") sponsored by, performed by, or in any way involving The Woodlands Township, I, as Participant, or if Participant is a minor, as parent or guardian of the minor Participant (herein referred to as "I") and intending to be legally bound do hereby acknowledge and agree to the following:

- I hereby waive, discharge, and release any and all rights and claims for damages whether based upon negligence or any other theory of law, which I, or my child, heirs, agents, representatives, or assigns may have against The Woodlands Township, and its affiliates, agents, representatives, assigns, or successors including, without limitation: any officers, directors, shareholders, agents and/or employees of or associated with The Woodlands Township, the municipalities or counties in or through which the programs or events take place or are conducted, as well as any other person, entity or sponsor connected with the Program and any of their affiliates, agents, representatives, assigns, successors, officers, directors, shareholders, and employees, for any and all injuries or damages which I, or my child, may suffer while taking part in the Program.
- I hereby assume any and all of the foregoing risks resulting from my, or my child's, participation in the Program and accept all personal responsibility for any resulting damage including, but not limited to, injury, permanent disability or death.
- I hereby verify that I, or my child, am/is in good physical health and able to participate in and/or complete the Program.
- I hereby agree to indemnify and hold The Woodlands Township harmless from and against all liabilities for any injury which may be suffered by the Participant arising out of or in any way connected with his/her participating in the Program.
- I have read and fully understood this Waiver and Release. I further understand that by participating in the Program, I/we will have waived substantial rights.
- I have knowingly and voluntarily agreed to this Waiver and Release.

FOR PARENTS OF PARTICIPANTS UNDER THE AGE OF 18

I affirm and acknowledge that I, as parent/guardian with legal responsibility for the Participant, do consent and agree to his/her release as provided by the Waiver and Release herein.

MEDIA/PHOTO WAIVER

I hereby authorize and give my full consent to The Woodlands Township and their agents and assigns to take, copyright and/or publish any and all photographs, videotapes and/or film (the "Media") in which I, or my child, may appear while participating in the Program. I further authorize that The Woodlands Township to transfer, use or cause to be used, the Media in any exhibitions, public displays, publications, commercials, art and advertising purposes, without limitations or reservations.



SUNNY DAYZ

2012 summer camp

Sunny Dayz Summer Camp will be back and better than ever! Come out to The Woodlands Township Recreation Center on Wednesday, May 30, 2012, from 6:30 to 7:30 p.m., to meet the staff, tour the facility and learn about the fun adventures we have planned for the campers this summer. There will also be a few Sunny Dayz surprises!



Check out the all new **USTA QuickStart Tennis Program**, which is an exciting new play format for learning tennis designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring for players ages 10 and younger. For more information about QuickStart, visit <http://10andundertennis.com>. For more information about The Woodlands Tennis Academy, visit www.thewoodlandstownship-tx.gov.



We Need YOU!

The Woodlands Township Parks and Recreation Department needs volunteers! Volunteers help with all aspects of events and programs, such as Breakfast with Santa, Daddy-Daughter Dinner Dance, Muddy Trails Bash, Earth Day GreenUp and the CB&I TRI - The Woodlands triathlon.

Interested? Visit www.thewoodlandstownship-tx.gov and click Recreation, then Volunteer Opportunities for more information!

For more information on The Woodlands Township Recreation Center, visit:

www.thewoodlandstownship-tx.gov

The Woodlands Township Recreation Center: 281-210-3950

